



# Spray Tanning Instructions

## Before

- Exfoliate at least 24-hours prior using an exfoliant or salt/sugar-based scrub. Give extra attention to the feet, wrists, elbows and knees. We LOVE TreeHut and HEMPZ sugar scrubs.
- No lotion, moisturizing soap or deodorant prior to tanning. ☐
- Arrive with a clean & bare face --- makeup free! ☐
- Shave underarms and legs no later than 24-hours prior.
- If you plan on getting a pedicure or manicure for your event, it must be 24 hour prior and not after tan.

- Wear loose-fitting and dark clothing – lounge wear! ☐
- Flip flops preferred.
- ☐ If wearing undergarments or swimwear, choose something you do not mind getting the airbrush spray tan on. ☐
- Please bring an umbrella and loose long pants should it be raining the day of your appointment.
- Bring along a large towel to lay over the seat of your car to avoid staining. ☐
- Avoid using deodorant or only use a very small amount prior to your airbrush spray tan. ☐
- No perfume, lotions, makeup.

## Day Of

- Be aware of seatbelt/purse/bra/backpack straps as they may rub on the body during processing. ☐ Stay dry at least 8-10 hours post-tan....no sweat, no wet! ☐
- Once you shower, you will notice a “bronzer” rinsing off...this is normal and does not affect your spray tan. ☐
- When showering and while drying off, PAT the skin, do not rub. ☐ Avoid exfoliants to face and body, as this will “scrub off” your tan! ☐
- Moisturize, moisturize, moisturize! Use HEMPZ lotions and products to extend the life of your tan. Pick up a bottle of lotion or body wash at your appointment with me!

## After